



February 2021

## Town of Braintree Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

Hours: 8:30 AM– 4:30 PM

*“Live, Learn, Laugh and Be Happy”*

**Mayor Charles Kokoros**

**Sharmila Biswas: Director**

**Mary Howland: Outreach Coordinator**

**Therese Jarrett: Services Coordinator**

**Michelle Birolini: Volunteer Coordinator**

**Frank DeFrancesco: Transportation Services**

**John O'Reilly: Custodian**

**PHONE: 781-848-1963**

**FAX: 781-848-2835**

**WEBSITE: [www.townofbraintreegov.org](http://www.townofbraintreegov.org)**

**Please note you may sign up for all activities on or after February 1st at 9:30 am**

**Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.**

**Thank you for your patience and understanding. Reservations must be made with a live person.**

### *Greetings Everyone,*

We all have bid an emphatic good bye to the past year and hoping that 2021 will bring us a glimmer of brightness. We realize that merely stepping from December 31st, to January 1st, is not going to wipe the slate clean from all the adversities we faced, but it is an inspiration for us to look forward to better days. I would like to believe that from here onwards things can only get better. The vaccines have arrived and they are being administered by the Health Care professionals. I was at my Doctor's office and I saw nurses walking past me to get their vaccines. The Town of Braintree have been vaccinating our front line workers like the EMT, Police Fire etc. Nursing Home residents and people who care for them are getting vaccinated. My daughter and her husband, both physicians, received theirs too. It is important to safeguard the people who put their lives at risk to keep us protected. From my friends and relatives living in many parts of the world, the story is the same for all Health Care Workers. Everyone valiantly reports for duty everyday, but they are all exhausted and unfortunately, so many have lost their lives to save the life of others. My head bows with respect as I keep hearing of these extraordinary people. For our older residents of Braintree, please read the vaccination information in the newsletter.

Unexpected times also brings the joy of experiencing remarkable generosity. During the Holiday Season, the bell on our locked front door rang many times and behind that door, we found faces beaming with smile and arms bearing gifts. Gifts for our older adults, who especially this year, would not be able to see their family members. But fortunately, they still would have a gift to open. It was a pleasure to see the staff from Outreach loading their cars with bags filled with gifts heading to their destinations. Thanks to Mary and Nancy from Outreach and Debbie from our Friendly Visitor Program for coordinating this tremendous project. It takes time and energy to organize such an endeavor, yet it was done seamlessly. End result, sheer happiness for everyone!

As you know, through the pandemic, we have tried our best to keep all of us going through various activities either in person, zoom or BCAM. We will keep on doing whatever we can to keep up the slow but steady pace. Please remember we are all working full time, so never hesitate to call us if you need anything. Stay safe, be healthy and keep warm!

*Happy Valentines Day...*



.....*Sharmila*

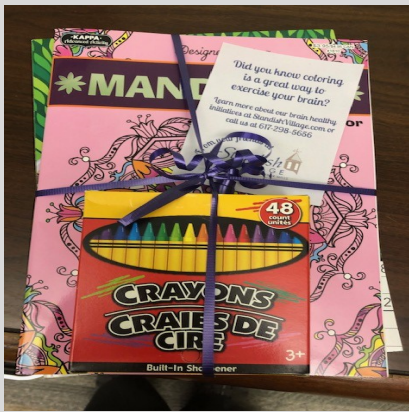
# Enjoying the Simple Pleasures



*Mary Oxner, Exercise Instructor warming her hands in the heat lamp after classes, before our Custodian John O'Reilly puts them back.*



*Mary Howland and Nancy Walsh from Outreach giving away Winter Activity Kits. Thanks to Standish Village for donating the adult coloring and cross-word books with a big box of crayons.*



*The Happy Recipients*

## Vaccination Information

Braintree Department of Public Health has informed us that residents who are 65 years of age or older can call the Vaccine HOTLINE at 781-794-8090 or 8099 and register, their name, number and date of birth. Once vaccines are available they will call you to schedule a date and time with you.

You can also register on line at [mass.gov/covidvaccine](https://mass.gov/covidvaccine)

Or call your doctor and ask for their advice.

## Special Activities and Meetings: See our calendar for a complete list of activities

November 18	Bereavement Support Group	2:00 PM
1st Wed & 3rd	<p>Activities are limited, but we are progressing and will always be here for you.</p> <p>We try to ensure and work towards seeing you all in a safe environment.</p> <p>Remember, we are just a phone call away. 781-848-1963</p>	
Monday Nov 18th		
Every Tuesday		
Tuesdays		
Every Tuesday		
Every Tuesday		
Every Tuesday		
Every Wednesday		
Tuesday and Thursday	Walking Group (see calendar for locations)	10:00 AM
	<b>Alzheimer's Support Group</b>	
	<b>Check out BCAM for Senior Programs</b>	
	<b>All Exercise Classes are outdoors.</b>	
	<b>Movies are limited number to social distance Please call to sign up</b>	11:00 AM

## RECYCLE



### Braintree Trash/Recycling Update 2020-2021

Extra trash outside the cart, other than what is listed on the recycling cart information label, cannot be picked up curbside. Braintree residents receiving curbside services who have the occasional extra bags of trash may go to the Recycling Center at 257 Ivory Street and drop off up to 3 bags of trash. The attendant will designate which container to utilize.

Hours: Monday, Tuesday, Thursday, Friday & Saturday: 7:00 A.M. - 3:00 P.M. Closed on holidays. Additional information: [www.braintreema.gov/recycling](http://www.braintreema.gov/recycling)

## WINTER TRIVIA WITH CHRIS

Where: Braintree Elder Affairs  
 When: February 25th  
 Time: 1:00 PM  
 Seating is very limited. Please call  
 781-848-1963 to sign up.





## Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday, Feb	Independence Housing	10:30-11:30
Wed, Feb	Department of Elder Affairs	12:15-1:00
Tuesday, Feb	Roosevelt Housing	12:00-12:30

Please call to the Health department to find out about B P Clinics

## Shopping Shuttle Schedule

**Reservations:** please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM  
Return time between: 11:30 AM to 12:00 PM

Tuesday, Feb 2	Drivers Choice
Thursday, Feb 4	Drivers Choice
Tuesday, Feb 9	Drivers Choice
Thursday, Feb 11	Drivers Choice
Tuesday, Feb 16	Drivers Choice
Thursday, Feb 18	Drivers Choice
Tuesday, Feb 23	Drivers Choice
Thursday, Feb 25	Drivers Choice

**Special Shopping Trip:** Friday —Feb. 12 —Grossman Drive, including 5 Below, Hobby Lobby and Bed Bath and Beyond  
Sign up for one —limited seating

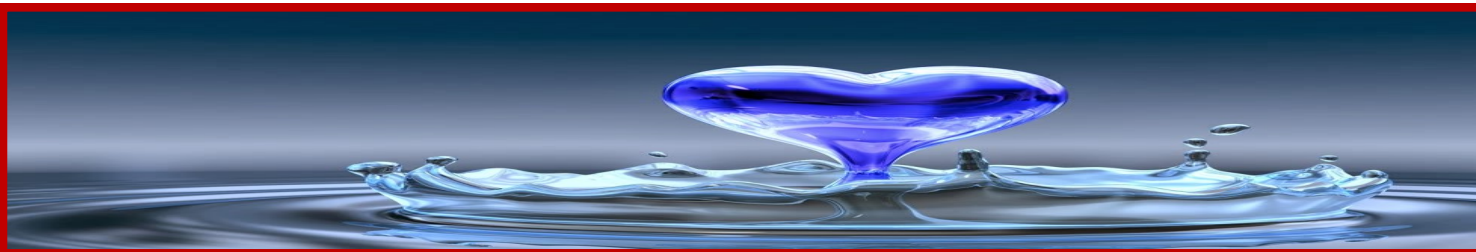
- **Outreach:**  
Information & Referral  
Advocacy  
Friendly Visitor & Library Express
- **Transportation:** please call to reserve  
Medical Van Rides  
Senior Center Activity Rides  
Shopping Shuttles
- **Recreation:**  
Monthly Lunches  
Social Activities  
Special Events & Educational Seminars  
Day Trips  
Health and Fitness Classes
- **Support Groups:**  
Low Vision Meetings  
Alzheimer's Support Meetings  
Bereavement Support Group
- **TRIAD:** senior safety
- **SHINE:** health insurance counseling; **please call for an appointment**
- **Ask the lawyer:** free consultations; **please call for an appointment**
- **Medical Equipment Loans:**  
wheelchairs, walkers, canes, shower seats  
and commodes; **please call ahead.**

## Alzheimer's Care Giver Support Group

Call the Alzheimer's Association 24/7 Helpline (800-272-3900) anytime to receive reliable information, advice and support. Trained and knowledgeable staff are ready to listen and can help you with referrals to education, crisis control and emotional support. Care consultations are provided by master's level clinicians.



**You can always call us at 781-848-1963, if you have any questions.**



## **A Message from AARP Tax Preparers**

### **AARP/IRS Tax Aide Program for 2020 INCOME TAX PREP ASSISTANCE**

AARP/IRS Tax Aide Foundation will again be providing VOLUNTEERS, trained to assist low and moderate income residents, with a focus on seniors, in filing their Federal and State (MA only) income tax at the Braintree Department of Elder Affairs. These volunteers will assist YOU in completing your tax return. We will not be preparing your taxes in person, you will arrive and be seen by a client facilitator, who will make sure all your papers are there and check your identification. If it is a joint tax return, BOTH PARTIES MUST BE PRESENT. All of your tax documents will be returned to you and you will be given a copy of your returns for your records. Your return will not be available to us after it is e-filed, so please carefully review before authorizing the tax preparer to send your papers. Be aware your appointment could be interrupted by a snow day. In that event we would do our best to offer you an alternate date. NOW is the time to be collecting all information required for filing your 2019 tax returns:

All 1040 and 1040A Forms  
W-2s and 1099s  
Statements of all income  
Real Estate, water/sewer bills  
Copy of 2019 Tax Returns

Bank Information & interest forms  
Social Security Statements  
Information on deductions /credits  
Medical payments & Insurance payments

**YOU MUST BRING A COPY OF YOUR 2019 RETURN, A REQUIREMENT OF THE IRS**

We ask that you review the guidelines and come prepared to your appointment 15 minutes in advance and be here for approximately 90 minutes. The Tax Preparer reserves the right to determine the individual returns that fall out of the purview of their expertise. Their training prepares them to assist with simple, uncomplicated tax returns only. If you are unsure, please ask when making your appointment to avoid an issue when you arrive. In advance, thank you for your cooperation.

Please Call 781-848-1963 to schedule an appointment

Appointments will be available Monday and Friday, beginning Friday, February 19, 2021.

**Please remember we are limited with what we can prepare this year. If you can do your taxes or go elsewhere please do so.**

MONDAY	TUESDAY	WEDNESDAY
<b>1</b> Please go to this link to see the schedule for Elder Affairs. <a href="http://www.bcam.tv/watch/public/public-channel-schedule/">http://www.bcam.tv/watch/public/public-channel-schedule/</a>	<b>2</b> <b>Shopping Shuttle-Drivers Choice</b> <b>10am-Elder Affairs programs on BCAM</b>	<b>3</b> <b>10am-Elder Affairs programs on BCAM</b>
<b>8</b> <b>10am-Elder Affairs programs on BCAM</b>	<b>9</b> <b>Shopping Shuttle-Drivers Choice</b> <b>10am-Elder Affairs programs on BCAM</b>	<b>10</b> <b>10am-Elder Affairs programs on BCAM</b>
<b>15 Presidents Day—CLOSED!</b> 	<b>16</b> <b>Shopping Shuttle-Drivers Choice</b> <b>10am-Elder Affairs programs on BCAM</b>  <b>1:00-Valentine's Give-away</b> <b>Please sign up</b>	<b>17</b> <b>10am-Elder Affairs programs on BCAM</b>
<b>22</b> <b>10am-Elder Affairs programs on BCAM</b>	<b>23</b> <b>Shopping Shuttle-Drivers Choice</b>  <b>10am-Elder Affairs programs on BCAM</b>	<b>24</b> <b>10am-Elder Affairs programs on BCAM</b>
<b>We are only a phone call away</b> <b>781-848-1963</b>		<b>We are in this Together!</b>

THURSDAY		FRIDAY	
on	4 Shopping Shuttle-Drivers Choice 10am-Elder Affairs programs on BCAM	5 10am-Elder Affairs programs on BCAM	
on	11 Shopping Shuttle-Drivers Choice 10am-Elder Affairs programs on BCAM	12 Special Shopping Trip-5 Below, Bed Bath and Beyond, Hobby Lobby 10am-Elder Affairs programs on BCAM	
on	18 Shopping Shuttle-Drivers Choice 10am-Elder Affairs programs on BCAM	19 10am-Elder Affairs programs on BCAM 11:00 AM—Fun Movie Friday	
on	25 10am-Elder Affairs programs on BCAM 1:00 Trivia-Please call to sign up	26 10am-Elder Affairs programs on BCAM	
	<b>We are HERE to Help YOU!</b>	<b>We are only a phone call away 781-848-1963</b>	

# CHARITABLE GIVING

Elder Affairs wishes to thank everyone for their kind support throughout 2020. Your generosity made a lot of people feel very special. We are hoping you will keep us in your thoughts in 2021. Your donations, monetary or in kind, is of extreme importance. Your thoughtfulness keeps our programs enriched and our older adults feel connected. A very happy 2021 to one and all.

**“HAPPY VALENTINES DAY”**  
**MAY YOUR HEART BE ALWAYS FILLED WITH**  
**KINDNESS**

## PROGRAMS ON BCAM

We will continue to have our Exercise classes outdoors, on days the weather allows. We will be adding many new exercise classes on BCAM to be sure that we stay connected, even on the coldest days. Stay Healthy and remember we are always just a phone call away!

781-848-1963

Most Television programs for Braintree's Older Adults will begin at 10:00 a.m. daily but for the most current schedule go to...

<http://www.bcam.tv/watch/public/public-channel-schedule/>

<http://www.bcam.tv/about-us/contact-us-2/>



# OUTREACH

We hope you are all staying safe and healthy this winter. We would like to remind you of two programs we offer for those who do not drive and are homebound:



## **FRIENDLY VISITOR PROGRAM**

Our Friendly Visitor Program is designed for residents of Braintree who are age 60 and older who live alone, and who are lonely, homebound or isolated. You will receive home visits and follow up telephone calls from our Friendly Visitor. The purpose of these visits is to alleviate loneliness and isolation by having social interaction with the Friendly Visitor. Because of the Covid-19 Pandemic, if you are not comfortable having the Friendly Visitor come to your home, you can receive Friendly telephone calls instead. The Friendly Visitor Program is funded by a Title IIIB grant from South Shore Elder Services and by a grant from the Executive Office of Elder Affairs. Donations to the program are also greatly appreciated and are used solely to enrich this service. For more information, please call the Outreach Office at 781-848-1963.



## **LIBRARY EXPRESS PROGRAM**

The Library Express Program is a service designed for residents of Braintree who are unable to leave their homes due to a health or social service issue that lasts twelve weeks or more. It is a partnership between the Braintree Department of Elder Affairs, Thayer Public Library and Friends of Thayer Public Library. We offer a biweekly delivery of library materials with a limit of five items per visit. Our Outreach Worker picks up the materials at the library, delivers them to your home, and returns the ones from the prior visit to the library. If you or anyone you know could benefit from this service, please give us a call at 781-848-1963.

**BE HAPPY! BE WELL!**

## **RMV Extends Wednesday Senior Hours through March**

Providing older adults with a designated RMV Service Center every Wednesday through March will result in a safer space for customers to visit. Customers 75 and older will be able to visit The Registry of Motor Vehicles Service Centers by reservation only on Wednesdays through March. To make a reservation go to [www.Mass.Gov/RMV](http://www.Mass.Gov/RMV), select "Senior Transaction" option to make a reservation. Closest Service Centers providing the special times are in Brockton and Plymouth. You call the RMV at 857-368-8005

## From The Chairman, Hank Joyce

Good morning everyone and I pray that you are all healthy and safe. I hope that you enjoyed the holidays and got some nice surprises from Santa.

We have reached 2021 and there is a vaccine for the COVID-19 virus. Maybe now we can start to get back to some kind of a normal life. Please continue to follow all the guidelines that the Governor has set out and always wear your mask, wash hands as often as possible, and please get the vaccine shot.

Not much going on in the world of sports. Our beloved Patriots are out of the playoffs for the first time in 20 years. We can still root for Tom Brady to make it to the Super Bowl with Tampa Bay. It might be a long shot, but Tom has done it before. The Celtics are off to a good start and maybe in for a good year. The Bruins just started last night and looked pretty good.

Looking forward to the month of February and hope to have some special events for Valentine's Day.

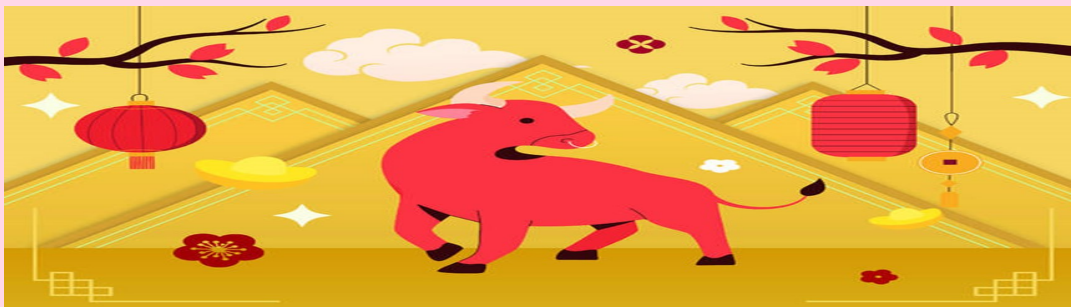
I do not want time to fly by, but I do wish spring and good weather would come as soon as possible.

Stay safe, healthy and warm.....**HANK**

## LUNAR NEW YEAR YEAR OF THE OX

**Friday, February 12, 2021**

**In Chinese culture, the Ox is a valued animal because of its role in agriculture, and similarly in the zodiac, the Ox is seen as hardworking, positive and honest. The Ox sign encourages compassion, charity, and harmonizing the relationships between people, especially during disasters.**



## Valentines Activity Give-Away

Need something to help pass  
your time and chase away  
those Winter Blues?  
Come pick up your Activity  
Pack.

When: February 16

Time: 1:00 P.M.

To sign up call 781-848-1963



## PEN PALS

### Pen Pals Wanted!

It's fun to get a letter or a card in the mail. It can brighten your day, make you smile, and give you something to do, like write back! Join us in exchanging letters with others and making new connections while staying at home. Whether you would like to become a pen pal, or just want to receive a card or note, please send a letter with your address to:

Braintree Elder Affairs

71 Cleveland Ave

Braintree, MA 02184 or email  
[mbirolini@braintreema.gov](mailto:mbirolini@braintreema.gov) Be sure  
to include your address.

You will be assigned to a Pen Pal!

## STAY IN SHAPE WITH OUR ZOOM CLASSES

### Bob Cobbett Able Bodies

*A virtual balance and fall prevention exercise class continues to be available via Zoom with Bob Cobbett on Tuesday February 2<sup>nd</sup>, 15<sup>th</sup> and 29<sup>th</sup> at 10:00 am. A. If outdoor classes get cancelled due to weather conditions then a Zoom class will take place at 10:00 am instead. Classes are also available for viewing via the Braintree cable channels (Verizon channel 28 and Comcast channel 9). Cable classes air on Mondays at 11:00 am and 1:00 pm, and on Wednesdays at 11:30 am. If you have questions please contact Bob Cobbett at*

*781-413-7724 -[rcobbett@beld.net](mailto:rcobbett@beld.net).*

### Sue Thomas Chair Yoga

*A virtual Chair Yoga class will begin to be available via Zoom with Sue Thomas every Thursday in February@ 10 AM If you have trouble please call .617-281-3757*

**Meeting ID: 258 892 1639**

**Passcode: 7E7MXx**

# **PANDEMIC EXPERIENCES**

What has happened to us during this Coronavirus Pandemic? Hopefully most of us have come together as one, looking out for our neighbors, calling to say hello or first seeing how they are handling isolation from their loved ones. It's a whole new experience some of you have not felt before. It certainly is an eye opener.

As Senior Citizens we have seen and met many challenges through out the years. Wars, Kennedy saga, Blizzard of 76, 9/11, many more disasters and family crisis. We met every one of them head on. So why not now? It is no longer "me" it is us as a whole. We are living in a moment when generosity and kindness matters more than ever. So I say to you young and old alike...

**Close your eyes  
Calm your mind  
Think Positive Thoughts  
Breathe deeply  
Find time to Relax and Reflect  
Find projects to do and read  
Enjoy life as it comes**

Stay Safe, positive and reach out a helping hand, so much to be done for others. Bless you!

**Anonymous, Age 86**

I don't believe I can single out just one day as most memorable. Concerning COVID-19 pandemic. So many once in a lifetime days have occurred since the middle of March 2020, not all of them good.

We miss our grandchildren the most. Can't hug them, although we sneak in one now and then. Unable to pick them up from school, or have them over for dinner. Missed a half season of the Red Sox, (although it wasn't that hot anyway) and an entire PawSox season including their last game at McCoy, which I still have tickets for.

Day to day ordinary things are now very different. My Wife: "Hey did you remember the antiseptic wipes and hand sanitizer." Me: "No, I thought you brought it." Walking everywhere with a mask and fogged up glasses. Washing hands every 10 minutes, and following the one-way aisles in the stores.

We seem to have adapted the best we can, but it isn't much fun. 2020 is a year everyone will remember. I am thankful we have our health and hope we are able to hang in there.

Hopefully a vaccine will be available soon but until then always remember, tomorrow is another day.

**Dave & Mary McHugh**



Braintree Department of Elder Affairs  
71 Cleveland Avenue  
Braintree, MA 02184

Place  
Stamp  
Here

**Braintree Dept. of Elder Affairs ~ 2019 Board Members**  
**Henry (Hank) Joyce, Chairman of the Board**

**Wayne Gilbert, Vice Chairman**  
**Ann Moore, Secretary**  
**Robert Caruso, Treasurer**

**Lucille Barton**  
**Tim Burke**  
**Leland Dingee**

**Jane Fogg**  
**Connie Mattina**  
**June Newman**

## **STAYING IN TOUCH FROM HOME**

### **Writing Project...EXTENDED DEADLINE**

#### **A Day in My Life: Present, Past and Future -Living Under the Covid19 Pandemic** **DIRECTIONS:**

In ~200 words (3-4 paragraphs), describe what your memorable day good or bad has been like since the outbreak of COVID-19. Here are some questions to consider:

- What is happening with the coronavirus crisis in our country?
- How have these changes impacted your daily routines?
- What have been the positive experiences from this situation (silver lining)?
- How has that made you feel about the world we live in now, compared to the challenges in the past?
- What should our society learn from this crisis that has affected us globally?
- What words of Wisdom can you share from the wealth of knowledge you hold by being an Older Adult?

At the end of your essay, please write your Name, Age. ***If you wish to stay anonymous just let us know.*** Submit your story to Michelle at [mbirolini@braintreema.gov](mailto:mbirolini@braintreema.gov) or just mail it in to Braintree Department of Elder Affairs 71 Cleveland Ave, Braintree, MA 02184

This project will be highlighted in our Monthly Newsletter at Department of Elder Affairs. Everyone that submits an

essay will be entered into a raffle to win some fun prizes.

What has impressed us most about the current situation we are living through is the incredible solidarity, kindness, generosity and creativity we have witnessed throughout this pandemic. We are amazed by how you have all adapted to this situation by attending outdoor events, wearing masks etc. and showing your strength!

I'm hoping to share some of the stories of your strength with some younger members of the Braintree community. With the colder months approaching we want to be creative by staying in contact in a safe way with our most vulnerable but the toughest population in our community. You are all inspiring to so many and we want to share it with everyone.

***Fear will not have the last word, but love and hope will!***  
***Essay entry Deadline is March 1, 2021.***